



THE COMMUNITY CHURCH

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Ingrid C. A. Rasmussen, Angela T. Khabeb, and Doug Mork, Pastors

COMMUNITIES OF CALLING: FROM AGE-ING TO SAGE-ING

A Revolutionary Approach to Growing Older

By Rabbi Zalman Schachter-Shalomi

Group Description: Many people confront the prospect of aging with fear, as they look forward to a decades-long decline into personal diminishment and impoverishment. On the other hand, our culture also tells elders, "Now you can finally do all things on your 'bucket list,'" with little regard for the interior life of the elder. Rabbi Schachter-Shalomi presents a model of the sage or "elder of the tribe," who practices contemplative disciplines and comes to terms with their mortality. They harvest their life experiences, pass on their wisdom to younger people, and safeguard the health of our ailing planet.

Sage: A wise person. An elder. Someone who has seen a lot of life, and passes on their wisdom to others.

The Bible is full of stories of sages. One of my favorites is the story of Simeon, who was a devout man who came to the temple every day, hoping to see the Messiah. Mary and Joseph brought Jesus to the temple for his dedication, and there, Simeon declares:

"Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel." Luke 2:29-32 (NRSV).

Increasingly, we are learning more about the spiritual challenges of elders. To meet this challenge, Rabbi Schachter-Shalomi's book joins an increasing group of books designed to help anyone looking forward to their "golden years" to understand their spiritual life as an older person.

Starting in January of this year, several HTLC "sages" met to discuss this book: Harry and Martha Mueller, Lois Eid, Joyce Peterson, Chris Engen, Tammy Wells, Carol Masters, and myself. Our group was formed with the support of the Communities of Calling grant program.

As we read the book, we learned some of the essential tasks on the journey toward becoming a sage:

1. Sages come to terms with their mortality. Coming to terms with our mortality encourages us to reflect back on our lives. It encourages us to see the good and bad that has happened to us and to see our lives in perspective.
2. Sages "harvest" their lives. We have sowed the seeds of our lives. As sages, we reap the harvest. We celebrate the gifts we have been given.

(Continued in next column)

SIXTH SUNDAY AFTER PENTECOST

READINGS

Isaiah 55:10-13; Psalm 65:1-13;
Romans 8:1-11; Matthew 13:1-9, 18-23

3. Sages repair their lives. If we are fortunate enough to have been given time, we can seek forgiveness for ourselves and for those who have wronged us.

4. Sages take a long view of life. The wonders of modern medicine allow us now to contemplate living well into our 80s and beyond. The Rabbi calls this "the Eternity Factor." So, what will we do with this gift of time?

5. Sages use the lessons they have learned to help mentor others who may benefit from their knowledge and wisdom.

We followed some of the exercises the Rabbi described in the book. One of our group members described the journaling that goes along with the meditation that is encouraged of sages as helping to "connect the dots" of their life. I think this is an excellent way of describing what a sage does, when reflecting on their life—our lives may seem sometimes to be an almost random set of incidents that don't have an underlying meaning. However, using the sage practice of "going inside" through meditation, the connections can become clear.

Another member of our group found that the exercises at the end of the book that promoted self-healing and forgiveness really helped them on their journey to becoming a sage.

We all found the book a great aid in helping us understand the role of elder and sage, so that we may play that role for our benefit and for the benefit of our community.

Paul Hardt, Communities of Calling Group Leader

HOLY TRINITY IN THE NEWS

- Religion News Service: Keeping safe while serving, church groups tackle pandemic and protests.
<https://religionnews.com/2020/06/30/as-coronavirus-cases-rise-and-protests-continue-faith-groups-step-up-to-help/>
- The Living Church: Churches Provide Space and Support for Protests.
<https://livingchurch.org/2020/07/03/churches-provide-space-and-support-for-protests/>

PARISH INFORMATION

ADULT FORUM

SUNDAY, 9:30 AM

Login at zoom.us or call 312-626-6799

Zoom Link ID: 858 5687 1594

PW: 317879

Adult Forums resume on Sunday, July 12, at 9:30 a.m., when Pastor Doug Mork will engage us on Zoom for a two-part series. This is the first of a number of forums that will be offered throughout the summer.

JULY 12 "Work: Burden Or Gift?" Doug Mork

In the first session we'll think a bit about God's intent for our work lives, especially through the lens of portions of the Creation story, the Jubilee, and perhaps another key biblical narrative or two.

JULY 19 "Work: Punishment Or Opportunity?" Doug Mork

In the second session, we'll consider the ways in which work gets distorted, and we'll listen to some of the prophets throughout scripture as they call us back. Both sessions will have time for discussion and will wrap up within an hour.

DIALOGUES ON RACE DISCUSSION SERIES CONTINUES

Please join members from the Racial Justice Committee and Doctrine of Discovery Task Force for continuation of the discussion series based on the short book, *Dialogues on Race*. The book consists of seven distinct chapters from diverse writers covering issues around race, the Bible, whiteness, African American and Native American experiences in the U.S., the role of women in racial justice movements, and more. The bi-weekly series will discuss one chapter each session. The second chapter will be discussed Wednesday, July 15, from 7:00 to 8:00 p.m. To join, login (zoom.us) or call Zoom (312-626-6799) and enter the meeting ID (964 0371 7429) and password (496065). If you would like a copy of the book (no charge), email Randy Nelson at rnelson1941@yahoo.com. All Holy Trinity members and friends are welcome to participate.

FIVE MINUTES FOR A BIG CHANGE

Please send a thank-you note to Attorney General Keith Ellison for filing a lawsuit against ExxonMobil, Koch Industries, and the American Petroleum Institute, alleging they deceived and defrauded Minnesotans about climate change. The suit would require defendants to fund a corrective public ad campaign on climate change. 445 MN Street, Suite 1400, St. Paul, MN 55101. Read about the lawsuit here: <https://www.twincities.com/2020/06/24/minnesota-sues-oil-companies-institute-over-climate-change/>

PASTORAL CARE

Please don't hesitate to contact us with pastoral care emergencies (Church Office: (612) 729-8358; Pastor Angela: (612) 248-9121; Pastor Doug: (612) 310-5752). We will do our best to care for you from a distance. Please contact one of the pastors if your household is suffering because of COVID-19 or the effects of social unrest; we have resources to help.

WORSHIP LINK FOR SUNDAY, JULY 5

We welcome guest preacher **The Rev. Seminarian Sara Jensen** and guest presider **The Rev. Melanie McRae**. Also, the Minneapolis Area Synod blessed us with a virtual worship service. We offer a special thank you to **Bishop Ann Svennungsen** and the synod staff. The service can be found here: <https://vimeo.com/435380001>. This week is the Fifth Sunday after Pentecost. We invite you to find bread or crackers, wine or grape juice (or any morsel of food and sip of liquid) in your house and celebrate Holy Communion with all of us.

SCHEDULE FOR DONATIONS & DISTRIBUTIONS JULY 6-10

Monday, July 6

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes, cooking oil, laundry detergent, dish soap, paper products)

Wednesday, July 8

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes, body soap, hand soap, shampoo, and Gatorade)

Friday, July 10

10:00 a.m. to 2:00 p.m.—receive donations

12:00 p.m. to 2:00 p.m.—distribution (food boxes, diapers, wipes, and maxi pads)

To volunteer, sign up <https://www.signupgenius.com/go/60b0a4da5a829a0f85-holy7>

DOES YOUR FAMILY NEED A GETAWAY THIS SUMMER?

- Come vacation on the shores of Lake Wapogasset and Bear Trap at Camp Wapo. Click [here](#) to learn more about family cabin rentals. Come to play and stay! We are excited to welcome you and your family to Wapo.
- Venture north to Grand Marais this summer with your family. Travel up the Gunflint Trail to your vacation spot at Wilderness Canoe Base. Your family will love the serene beauty of WCB on the edge of the Boundary Waters. Book your getaway at Wilderness Canoe Base [here](#).

NEW LEARNING SERIES BEGINS JULY 18

All are invited to join First Covenant Church Minneapolis and a collaboration of churches and organizations for the virtual learning series, "Journey to Freedom: Embracing God's Cultural Mosaic of People." Designed by Rev. Jia Starr Brown, this six-week series is comprised of sermons, discussion, art, and study around the theme of "Intersectionality." Six guest preachers (including Pastor Angela) will each preach from the same passage through their own cultural lens. Experience the beauty of original art, music, and poetry created by local artists and participate in additional learning experiences through online trainings/workshops, Bible and book studies. Join us for ANY and ALL of the events that work for you! [Click](#) for a detailed schedule and to register.